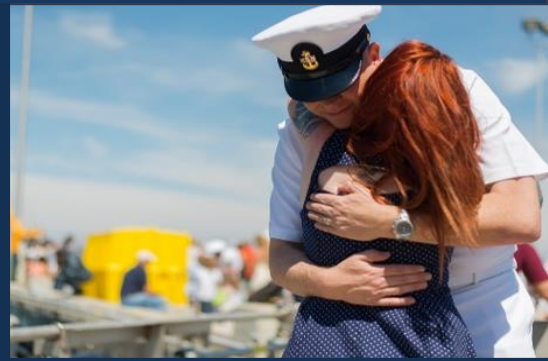


Deployment and Readiness Newsletter








October 2023

Aloha from the Military and Family Support Center (MFSC)!

We hope you are enjoying this monthly newsletter designed specifically for our deployed families! Here you will find current program events, offerings and information to assist you throughout the deployment. As always, if you should have any concerns prior to, during and/or after your deployment term, don't hesitate to contact us. We are here to assist you!



Military and Family Support Center | 4827 Bougainville Drive | Honolulu, HI 96818

 808-474-1999  MFSCHawaii@navy.mil  [JBPHH.MFSC](https://www.facebook.com/JBPHH.MFSC)  [JBPHH_MFSC](https://www.instagram.com/JBPHH_MFSC)  www.greatlifehawaii.com

Deployment and Readiness Newsletter



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To our deployers near and far, we wish you fair winds and following seas wherever you are.

Deployment and Readiness Newsletter



Military & Family Support Center

DEPLOYMENT & READINESS

- Personal and Family life Education
- Deployment Readiness and Support
- Relocation Assistance Program
- Ombudsman Support
- Exceptional Family Member Program
- Emergency Management

CAREER SUPPORT & RETENTION

- Family Employment Readiness Program
- Volunteer Program
- Information and Referral
- Personal Financial Management Program
- Retired Activities Office
- Transition Assistance Program

CRISIS RESPONSE & COUNSELING SERVICES

- Clinical Counseling
- Family Advocacy Program
- New Parent Support Program
- Sexual Assault and Response
- Victim Advocacy
- Gold Star Program

Deployment and Readiness Newsletter



Military & Family Readiness Center

(Service to Air Force/Space Force only)

808-449-0301

655 Vickers Ave. Bldg. 1105

Joint Base Pearl Harbor-Hickam



M&FRC Programs and Services Include:

- Information and Referral
 - Air Force Aid Society
- Casualty & Survivor Assistance
 - Air Force Families Forever
 - Air Force Wounded Warrior
 - Gold Star Program
- Recovery Care Coordination
- Heart Link Spouse Orientation
 - Survivor Benefit Plan
 - Key Spouse Program



JBPHH Newcomer's Orientation

Second Tuesday of Every Month!

New to JBPHH? Attend our newcomer's orientation to help facilitate a smoother transition into your new assignment!

Learn about topics of interest relevant to JBPHH and Hawaii such as:

RESOURCES AND INFORMATION

JBPHH HISTORY, OPERATIONS, AND SERVICES


BASE FACILITIES


EDUCATIONAL OPPORTUNITIES


RECREATIONAL ACTIVITIES


...AND SO MUCH MORE!


 **8:00 a.m. - 3:30 p.m.**


 **Hickam Chapel**
(Parking is located across the street by the gas station)

 **All newcomers to JBPHH**
(Service members, family members, JBPHH civilians)

 4827 Bougainville Drive
Honolulu, HI 96818

 [jbphh.mfsc](#)

 [@jbphh_mfsc](#)

 MFSCHawaii@navy.mil



Scan to register!

Deployments are a normal part of military life

PRE-DEPLOYMENT BRIEF

MFSC CAN HELP YOU AND YOUR FAMILY PREPARE.

**EVERY THURSDAY FROM 10- 11am | 655 VICKERS AVE, BLDG 1105
ACTIVE DUTY AIR FORCE, SPACE FORCE, NAVY AND THEIR SPOUSES ARE WELCOME**

TO REGISTER: greatlifehawaii.com/Support/MFSC Class Calendar

OR SCAN THE QR CODE:



MILITARY & FAMILY SUPPORT CENTER

4827 Bougainville Dr, Honolulu, HI 96818 | 808-474-1999 | [f JBPHH.MFSC](https://www.facebook.com/JBPHH.MFSC) | [@JBPHH_MFSC](https://www.instagram.com/JBPHH_MFSC) | MFSC.HAWAII@NAVY.MIL

Hiring Our Heroes

U.S. Chamber of Commerce Foundation

Joint Base Pearl Harbor-Hickam Career Exploration & Hiring Fair

Powered by



TOYOTA

October 19, 2023

Career Exploration & Hiring Fair

9 AM - 3 PM HT



Tradewinds Ballroom

150 McClelland St.

Joint Base Pearl Harbor-Hickam, HI 96853

What to Expect

- ✓ Free career fair & networking opportunities
- ✓ Meet with military-ready companies actively hiring for open positions across various industries locally & nationwide
- ✓ Get insider tips from hiring managers and recruiters
- ✓ Discover interview best practices and learn salary negotiation tips

You'll Learn About

- ✓ Careers in Cyber/IT, Healthcare/Medical, Project Management
- ✓ SkillBridge Programs
- ✓ Fellowships & Internships
- ✓ Upskilling & Reskilling Programs
- ✓ Military Spouse Professional Development & Hiring Programs

150+

expected
job seekers

45+

expected
employers

40%

expected
offer rate

30k+

open
positions



Scan to register

Register now to connect with military-ready employers

For more than a decade, Hiring Our Heroes has helped hundreds of thousands of transitioning service members, veterans, and military spouses find meaningful employment through our comprehensive training and hiring events, fellowship programs, and online tools.

HiringOurHeroes.org/pearlharbor

@HiringOurHeroes



Hiring Our Heroes

U.S. Chamber of Commerce Foundation

Hawaii Amplify

One-Day Career Event for Military Spouses

October 17, 2023



Scan to register

What is Amplify?

A free one-day event for military spouses where you will find career preparation, professional development, and networking. You'll gain skills and resources designed to empower your career game plan—whether that means finding a job, changing careers, starting a business, or just figuring out what comes next in your professional life. You won't want to miss this opportunity to prepare for the Career Summit at Joint Base Pearl Harbor-Hickam!

Day 1 | Tuesday, October 17

- 9 a.m. – 2:30 p.m. HT
- Public & Professional Speaking
- Resume Prep
- Networking Hour



Oahu Veterans Center | 1298 Kukila St | Honolulu, HI 96818

Presented by



Sponsored by

T Mobile



National
UNIVERSITY

The DoD and Service Branches do not endorse any company, sponsor or their products or services.

"After attending the Amplify event last month, I was more prepared in knowing what I am looking for in my next position. It gave me the confidence I need to continue to pursue a human resources position!"

– Anastasia Huynh

@HiringOurHeroes



Deployment and Readiness Newsletter



COFFEE TALK

Exceptional Family Member Program

Learn, share, and connect with other EFMP families!

Join us on the second Thursday of every month.*

- 9:00AM-10:00AM
- MFSC JBPHH 4827 Bougainville Dr. 96818
- 2nd Floor, Classroom 262

*Rotating monthly schedule of virtual & in-person workshops



For more information or to register for workshops, please visit www.greatlifehawaii.com



MILITARY & FAMILY SUPPORT CENTER
4827 Bougainville Drive, Honolulu, HI 96818 | 808-474-1999 |

JBPHH.MFSC | @JBHH_MFSC | MFSC@NAVY.MIL

SMOOTH MOVE

PCSing? Join this workshop where speakers from various base agencies provide an overview of the Permanent Change of Station (PCS) process!



Topics include:

- Financial planning
- TRICARE
- Basic entitlements & allowances
- Shipment of household goods
- Shipping a vehicle
- Researching your new base and location

One-on-one training is available. Please call 474-0092 to schedule an appointment.



2nd Thursday of each month
(with the exception of 1st Thursday in November.)





Hearts Apart

Loved one deployed or preparing to deploy?
The *Hearts Apart* program is a supportive network to help USAF families stay connected and informed throughout the deployment cycle.

Once enrolled in *Hearts Apart*, you will be connected with an MFSC Deployment Specialist who will provide support and resources before, during, and after the deployment.
Hearts Apart also provides opportunities to meet other deployed USAF families through various social events throughout the year. These events allow families to come together, build friendships, and ease the strain of family separations.

Join *Hearts Apart* to connect with other USAF families facing similar deployment challenges. Receive the needed support and resources to aid in your family's resiliency during the deployment!

For more information about the program, give us a call at 474-1999 or email MFSCHawaii@navy.mil."



OPERATION RIDE HOME



HOLIDAY TRAVEL ASSISTANCE FOR MILITARY FAMILIES

The Armed Services YMCA, in partnership with Jack Daniels and American Airlines, brings troops home for the holidays with Operation Ride Home. Eligible service members and their families receive funding towards travel from their duty station to spend time with their loved ones back home.

PROGRAM DETAILS

- Free or subsidized round-trip airfare.
- Participants determined and prioritized based on compelling reason and financial need.
- Participants must complete an application and upon award of travel, submit a video testimonial and thank you note.

WHO CAN APPLY?

- Active-Duty E1-E5. Dependents may complete the application only if their service member is actively deployed.
- Family members must travel with their service member unless he/she is actively deployed
- Open state-wide. Must be stationed in Hawaii.

Official Operation Ride Home Command Leave Approval Form must be signed, completed, and submitted as part the application.



VISIT WWW.HAWAII.ASYMCA.ORG/EVENTS

OR SCAN QR CODE FOR MORE INFORMATION AND TO SUBMIT YOUR ONLINE APPLICATION TODAY!

ONLINE APPLICATIONS DUE MONDAY, OCTOBER 16, 2023. NO EXCEPTIONS.

Contact Keola Taniguchi, ASYMCA Hawai'i Deputy Director at (808) 448-1972 or KTaniguchi@asymcahi.org with any questions.



Deployment and Readiness Newsletter

Staying connected to our loved ones during deployment is so important. As the holiday season is quickly approaching, now is the time to start thinking about how to include our deployed service member this season. Care packages are a nice way of sending a little bit of home to those deployed, but sometimes they do take a little bit of time to arrive. Here are some ideas of care packages themes to get a head start on sending a box this holiday season!



Night at the Movies Pack

- DVDs
- Popcorn
- Movie candy
- Nachos supplies
- Homemade poster
- Autograph from a favorite star



"Whine" & Cheese Pack

- Recording of you/kids whining
- Assortment of cheeses
- Assortment of sausages
- Assortment of crackers



Our Morning Coffee Pack

- Favorite coffee blend
- All the goodies to add ... creamer, sugar, flavors, etc.
- A great mug
- Individual coffee cakes
- Biscotti



Beach Party Pack

- Flip-flops
- Sunglasses
- "Blow-Up" beach toys
- Sunscreen
- Bathing suit
- Beach towel
- Goldfish crackers
- Swedish fish



Go Fish (Put all in a tackle box)

- Gummy worms
- "Go Fish" playing cards
- Fisherman's hat
- Lip balm
- Sunscreen
- Plastic or model boat
- Can of chowder
- Fishing magazines



Good Sport Pack


- Sports magazines
- Popcorn and peanuts
- Pennants
- Favorite team T-shirt or cap
- Video of a local game or your kid's games

Deployment and Readiness Newsletter


Worldwide Military Installations Base Directory

<https://installations.militaryonesource.mil>


What is MilitaryINSTALLATIONS?

 MilitaryINSTALLATIONS is an online directory from Military OneSource that provides information about U.S. military bases worldwide, for every service branch. Use it to find overviews of local installation features, contacts for military and family support programs and services, maps and directions, check-in procedures and other important installation information.

Who can use MilitaryINSTALLATIONS?

 Though it's designed for service members and military families, anyone can use MilitaryINSTALLATIONS.

What kind of information is available on MilitaryINSTALLATIONS?

 MilitaryINSTALLATIONS provides detailed, up-to-date contact information for programs and services, state resources, maps and directions, links to comprehensive location overviews and important information for military installations worldwide.

Check-in Procedures and Base Essentials	Military and Family Support Services	Local Community Information	Moving Resources and Assistance	Child and Youth Services
Housing	Overseas Schools	School Liaison Officer	Exceptional Family Member Program (EFMP)	Medical Information and Resources

MilitaryINSTALLATIONS enables users to quickly learn the local features of the base and access the resources and services they need. You can also create a customized, downloadable booklet of useful information about an installation.

MILITARY
INSTALLATIONS

Deployment and Readiness Newsletter



Judd Trail Loop & Jackass Ginger Pool

(1.21 mile loop trail near Honolulu)

Address: 4022 Nuuanu Pali Dr, Honolulu, HI 96817

This is one of the easiest places to see a waterfall on Oahu, even if it's not as large as others!



Why is it called Jackass Ginger Pool?

Originally named Kahuailanawai, or tranquil water, the pool was renamed after a donkey that lived in the area nearly a hundred years ago, as well as the plentiful ginger plants that line the river side.

While this can be a child friendly hiking trail, the river crossing is certainly the one area you'll need to be extra cautious with kids.

Scenery on this hike includes Cook pines, eucalyptus, swamp mahogany, guava, and bamboo. Jackass Ginger Pool is a natural swimming hole complete with some rock waterslides people like to play on.



Sources:

<https://www.to-hawaii.com/oahu/waterfalls/jackassgingerpool.php>

<https://www.alltrails.com/explore/recording/judd-trail-loop-and-jackass-ginger-pool--2>

<https://www.best-of-oahu.com/judd-trail.html>

<https://www.world-of-waterfalls.com/waterfalls/hawaii-jackass-ginger-pool/>

Deployment and Readiness Newsletter

MFSC CLASSES OCTOBER 2023

Information & Referral

Oct 4	9:00 a.m.	EFMP Program Overview
Oct 11	1:00 p.m.	EFMP Command POC Training
Oct 12	9:00 a.m.	EFMP Coffee Talk

Personal & Family Life Education

Oct 5	10:00 a.m.	Conflict Resolution (Hy)
Oct 5	4:30 p.m.	One Love Escalation Workshop
Oct 12	9:00 a.m.	Anger Management (V)
Oct 16	1:00 p.m.	Stalking Awareness (Hy)
Oct 17	9:00 a.m.	Mind & Body Mental Fitness: Connection (V)
Oct 18	10:00 a.m.	Infant Massage
Oct 18	10:00 a.m.	Ombudsman Advanced Training
Oct 18	4:00 p.m.	Bringing Home Baby
Oct 19	10:00 a.m.	Time Management (V)
Oct 23-26	8:00 a.m.	Certified Ombudsman Trainer Course
Oct 24	12:00 p.m.	Work & Life Balance (V)
Oct 31	9:30 a.m.	Building Self-Esteem in Children (V)

Personal Financial Management

Oct 13	8:00 a.m.	Survivor Benefit Plan (H)
Oct 17	8:00 a.m.	Home Buying (H)
Oct 17	12:00 p.m.	Ditching the Dorm (H)
Oct 19	11:00 a.m.	Budgeting Tools (V)
Oct 19	12:30 p.m.	Debt Destroyer (V)
Oct 27	10:30 a.m.	Saving/Investing Basics (H)

Relocation & Deployment

Oct 3	1:00 p.m.	Sponsor Training (V)
Oct 5	10:00 a.m.	Pre-Deployment Brief (H)
Oct 12	8:00 a.m.	Smooth Move
Oct 12	10:00 a.m.	Pre-Deployment Brief (H)
Oct 19	10:00 a.m.	Pre-Deployment Brief (H)
Oct 26	10:00 a.m.	Pre-Deployment Brief (H)

Transition & Employment

Oct 2	1:00 p.m.	Federal Employment: USAJobs
Oct 3	5:00 p.m.	Intro to Resume Writing (Hickam Library)
Oct 4	9:00 a.m.	Federal Resume Workshop
Oct 5	9:00 a.m.	Intro to Resume Writing (V)
Oct 13	8:00 a.m.	Spouse Transition Seminar
Oct 17	1:30 p.m.	Volunteer Opportunities (V)
Oct 18	1:00 p.m.	Salary Negotiations (V)
Oct 18	2:00 p.m.	SkillBridge 101
Oct 20	9:00 a.m.	LinkedIn
Oct 20	1:00 p.m.	Acing the Interview
Oct 24	2:00 p.m.	SkillBridge (V)

*(V) Virtual (H) Hickam (Hy) Hybrid (in person & online)
 (Visit Great Life Hawaii for Capstone & Pre-Separation dates & times. For separatee & retiree TAP, please contact your CCC or a TAP counselor. Give us a call at 808-474-1999 for more info.)

4827 Bougainville Drive Honolulu, HI 96818 | [fb](https://www.facebook.com/jbphh_mfsc) | [ig](https://www.instagram.com/jbphh_mfsc) | Register at [jbphh.greatlifehawaii.com/support](https://www.jbphh.greatlifehawaii.com/support)

*All classes are offered in-person, online, hybrid, or one-on-one



Scan to Register!

To register or view additional MFSC classes, visit the MFSC class schedule at <https://jbphh.greatlifehawaii.com/support/>

You can also register for CNIC live and self-paced webinars by creating a Learning Management System (LMS) Account:

<https://ffsp.zeiders.refineddata.com/login/index.php>



OPERATION SANTA



The USS Battleship Missouri and the Military & Family Support Center cordially invite families of JBPHH deployed service members* to come aboard and celebrate the holiday season with us!

*Deployed service members include those 90 days pre/post deployment and those who will be deployed during the encampment.

DECEMBER 9 - 10
4:00 P.M. - 8:30 A.M.

Operation Santa is a **FREE** overnight encampment for families of deployed service members with children aged 8 - 16. This amazing experience includes activities, entertainment, games, meals... and Santa!

*Slots are limited to the first 30 families with children (8-16) including parent/guardian. A parent/legal guardian **must** be present for the duration of the event.

*To register for this event, please scan the QR code or visit <https://jbphh.greatlifeohawaii.com/support> for our calendar. **Registration ends on November 1, 2023.**

*Absolutely no exceptions for children under 8 years old
*A waitlist will be available for cancellations.

For more information:

CALL: 808-474-1999

EMAIL: MFSCHAWAII@NAVY.MI



BATTLESHIP
MISSOURI
MEMORIAL
Pearl Harbor, Hawaii



Deployment and Readiness Newsletter



Happy
Halloween

